



Maternal and Child Health Sleep and Settling Program

In Home and Phone Support Service

Moira Shire Council's Sleep and Settling program provides assistance with understanding infant and toddler sleep cues, settling techniques and establishing routines. We explore the importance of sleep for your child's long-term development and family wellbeing with you.

This program offers one on one consultations in your home and telephone consultation support.

If you would like to participate in the Sleep and Settling Program, please contact our MCH team on (03) 5871 9275



3.5 Years

Growth, development, nutrition and feeding, parenting support, safety, oral health, vision screening, kindergarten information



2 Years

PEDS, growth development, nutrition and feeding, parenting support, safety, kindergarten information



18 Months

Preventing injuries, playgroups, immunisations, how play helps learning and development



12 Months

PEDS, healthy family foods, sun smart, oral health, immunisations, parenting support, family wellbeing



8 Months

PEDS, poisons information, preventing injuries, oral health, immunisations, play, learning and development

4 Months

Parents' Evaluation of Development Status (PEDS), parenting support, link to playgroups, immunisations, reading and books



8 Weeks

Safety, breastfeeding and feeding, hearing review, link to parent groups, family relationships



4 Weeks

Safe sleeping, breastfeeding and feeding, maternal health and wellbeing, where to find parenting information, play



2 Weeks

Growth, development, safety, breastfeeding and feeding, hearing review, birth registration



Home Visit

Safe sleeping, home safety, immunisations, breastfeeding and feeding, parent support, play and learning

